

Inter-County Teams

On the 12th November 2017 ten Pipers Vale gymnasts represented Suffolk in the annual Inter-County Teams Championships. Teams from across the region take place representing Essex, Suffolk, Norfolk, Hertfordshire, Cambridgeshire and Bedfordshire and there is generally a high standard of gymnastics on display.



Level 4

Gala Fraser-Lim and Chloe Leigh Phelan were selected as part of the level 4 team following their exceptional performances at the County Championships. Gala was the youngest member of the level 4 team and was a fantastic asset to the team. and was the highest scorer for her team on bars, beam and floor. Gala's performance on the beam was outstanding and was praised by the judges! Chloe also put in some fantastic performances on vault, beam and floor and helped the team to finish in an impressive second place.

Level 3

In the Level 3 team Maia Coleman, Layla Fillbrook and Melita Pritchard-Barrett were part of the Suffolk team. Maia performed a high and dynamic vault to achieve the top score for the beam. Melita also impressed on the vault to take the second highest score for the team. Layla had an outstanding day taking the top scores for the team on bars, beam and floor, she was also the top scoring gymnast all around in the level 3 competition. The girls combined scores saw them take the bronze medal at the event.



FIG

Suffolk managed to field two teams at FIG level, which is the highest level of competition. Six of the eight gymnasts in the Suffolk teams were representing Pipers Vale which is fantastic achievement for the club. Maisie Squire and Emily Roper were in the A team, and Abigail Roper, Millie Finbow, Mya Patel and Ruby Keeley made up the B team.

Emily and Maisie were trying out some new skills in preparation for the forthcoming British Espoir Championships in December. Both girls landed sky high double backs and were rewarded with the highest two scores on floor. Maisie added a stalder and a double backaway to her bar routine which she landed successfully and Emily added a toe on which didn't quite pay off and she fell. Maisie also competed a piked yurchenko vault for the first time but unfortunately over rotated and fell. Both girls had falls on the beam keeping their overall scores down but the competition was an excellent learning opportunity and practice for their big competition in December.

Abbie was the star of her team with no major errors on any piece. Abbie had some upgrades including a mo shoot in her bar routine which paid off and she was the second highest overall score at the event. Millie has been suffering with a foot injury which kept her out of the floor competition but she did manage an exceptional vault which gave her the highest score for her team. She also put in a solid performance on bars but had an unfortunate fall on the beam. For Ruby and Mya it was the first time they had competed at FIG level and having only just competed at in age level 2, they did not have all the necessary requirements. However both girls competed extremely well with Mya taking the top score for her team on bars and floor and ruby overcoming her nerves on beam and battling through to stay on and compete her difficult acrobatic series despite a bad fall the day before.

The gymnasts waited with baited breathe for the results and on this occasion the FIG B team came out on top and took the gold medals. The FIG A team were a close second as Suffolk dominated the competition. Maisie also won the Frank Stevens trophy as teh highest scoring FIG gymnast, which is a huge achievement.



Well done to all the gymnasts and coaches of all the Suffolk teams.